



Therapeutics Calendar December 2019 → 3rd Floor

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>MENU WEEK 1</i>	2 10:30– Tree Decorating 2:00 Tree Lighting (W.R.) 6:00 Christmas Hymns & Songs (5th)	3 10:30– Christmas Craft 2:00 Visit from Nashwaak Farm (W.R.) 6:00 Christmas T.V. (W.R.)	4 10:00 R.C. Mass 10:30 Christmas Choir Practice (W.R.) 6:00 Crafty Cronies	5 10:30- Exercises 1:30 Presbyterian Church 2:00– Mind Matters	6 <i>Library Day</i>	7 2:00 Visit from the Girl Guides (Chapel)
8 10:00 R.C. Mass 2:00 Art Expression (W.R.) <i>MENU WEEK 2</i>	9 11-2 Shopping Trip (Please sign up with Recreation) 6:00 Christmas Hymns & Songs (6th)	10 10:30 Standing Exercises 2:00– Christmas Party! 1:30 Anglican Church 6:00 Lights Tour (Please sign up with Rec)	11 10:00 R.C. Mass 10:30 Christmas Choir Practice (W.R.) 2:30– Carols with Paige	12 10:30– Exercises 1:30 United Church 6:00 Christmas Wheel of Fortune (W.R.)	13 2:00– Visit from Pilipino Association of Nova Scotia (Chapel)	14 2:00 Music with Peggy Gillis (Chapel)
15 2:00 Cookie Decorating (W.R.) <i>Happy Birthday Isabelle!</i> <i>MENU WEEK 3</i>	16 10:30 Music & Movement (Chapel) 2:00 Christmas Choir Performance (Chapel) 6:00 Christmas Hymns & Songs (2nd)	17 10:30 Standing Exercises 6:00 Lights Tour (Please sign up with Rec)	18 10:00 R.C. Mass 2:00– Christmas Coloring	19 <i>Happy Birthday Efiie!</i>	20 Rachel’s last day of internship	21 2:00 Music with Piano Mama & Mixed Bags (Chapel)
22 10:00 R.C. Mass 1:30– Fancy Nails	23 2:00– Christmas Elves Visit <i>Amy Off</i>	24 Christmas Eve 10:00 Eggnog & Cookies (All floors) 2:00 Christmas Mass	25  <i>No Recreation Staff Today</i>	26 Boxing Day  <i>No Recreation Staff Today</i>	27 <i>Amy Off</i>	28  <i>No Recreation Staff Today</i>
29 10:30– Exercises 1:30 Christmas Movie (W.R.) <i>MENU WEEK 1</i>	30 6:00 Christmas Hymns & Songs (3rd)	31 New Year’s Eve 10:00 R.C. Mass 2:00 Music with Melanie Breen (Chapel)	*All programs without a floor number are on-unit in the lounge *All church services and standing exercises are in the Chapel *W.R. stands for Windsor Room *Programs are subject to change, please see on-unit whiteboard each day for program information *Please visit www.svnh.ca for building-wide programs and printable calendars		Leisure activities are available upon request for example: -Coloring/Painting -Tablet Games -Music on an iPod -Outside strolls -Puzzles/Games -Letter/Mail Assistance (See recreation staff on your floor to access these activities)	